



MATTER OF BALANCE

A **free** 8-week workshop to learn how to manage your concerns about falling

IS THIS WORKSHOP FOR YOU?

Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels. The program emphasizes practical strategies to manage falls.

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Has fallen or is at risk for falls
- Anyone interested in improving balance, flexibility and strength
- Does not have dementia
- Can walk independently (may use cane)

YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes at home to reduce fall risks
- Exercise to increase muscle strength and balance

March 10 - April 28
Every Friday, 2pm - 4pm

8-WEEK WORKSHOP SCHEDULE

March 10	April 7
March 17	April 14
March 24	April 21
March 31	April 28

Natividad Medical Center
Natividad Room, 1st Floor (behind the gift shop)
Participants must be able to attend all workshops.

Free refreshments will be provided!

**Registration Required. Workshops are free. Please call Lorraine Artinger, RN,
Trauma Prevention and Outreach Nurse (831) 772-7357**



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